

February 3, 2025

Dear Wes Hosford Families,

Last February I wrote to you about how parents often ask me how they can help their child be more successful in school. I think this is a message worth repeating, so here it is again... "Teach them to be problem solvers!" In a normal day at school students are faced with a multitude of problem-solving opportunities including finding a pencil, working out a conflict with a friend, or remembering to take home homework. Like anything, we have students with a variety of age-appropriate problem-solving levels; some are consistently able to solve problems they come across with little to no support from adults, some students need support often, and some students need support almost all the time.

Why is problem solving so important? Well, students who are able to problem solve tend to be less anxious, more confident, and more willing to take healthy risks, like learning something new or presenting their learning in a new way. This leads to success in life in general. Students who don't have problem solving skills may avoid or ignore the problem leading to, for example, incomplete schoolwork, struggles with friends, or arguments at home. On the other hand, some students might jump to an action without weighing the consequences or considering their choices, often leading to bigger or more problems.

But don't despair... the problem-solving centers of the brain can be built up or developed through practice. A very easy tip I can give you is: expect age-appropriate chores to be done. See the list of examples on the last page. Model using your own problem-solving plan, and go through the steps out loud, with them, so they see you being purposeful. For example:

- **Name the problem.** I don't know what to make for supper
- **Tic off 3-5 possible solutions on your fingers.** I could make spaghetti and meatballs, but we had that last week. I could make meatloaf and mashed potatoes but we only have three potatoes. I could order pizza, but we usually save that for the weekend.
- **List the pros and cons.** In the example, we already included the cons in step two, but you could do it separately, or more obviously.
- **Pick a solution.** I think I'll make meatloaf and we'll make do with the potatoes.
- **Act on it.** Let's make supper together! Will you peel the potatoes for me?



Sometimes, an additional step is: ask a trusted person for advice. Help your child come up with solutions if necessary. And if the results that come out of their choices aren't ideal, that's okay. Next time will be better. My final tip, don't be in a rush to "rescue" your child from a problem. Give them a bit of time to come up with a solution. If they still struggle, model the steps above with them, but give them a chance to come up with the solutions. It takes time, but the rewards are worth it!

Parent/Teacher Interviews!

You were able to start booking your interviews on **January 27**, with your child's teacher. If you do not have access to a computer or want to book an appointment with the Principal or Assistant Principal or Counselor, please contact the office and we will be happy to schedule an appointment for you. Also, see Bottle Drive info, below!

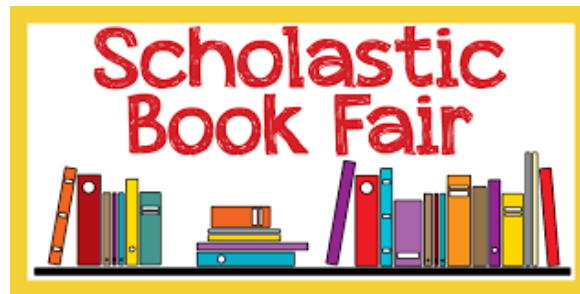


Bottle Drive!

Holiday cans and bottles taking up space in your garage? No worries! During Parent Teacher interview night on February 4th & 5th, we will again be having a Bottle Drive! Put your bag(s) in the Fit Kids Room on the 4th and sign your name. You can also take a poster. On the 5th A truck or trailer will be located by the west facing doors in the school parking lot. Last time, we collected 20 bags...let's see if we can get to 40 bags for this event! As an added bonus, everyone who brings in a bag of recycling will be entered to win a \$20 Book Fair shopping spree, and take home a Book Fair Poster from the pile!

Book Fair is Here!

Please be ready to visit the Book Fair in the room across from the library, when you come for Parent Teacher Interviews on February 4 and 5! A big thank you to our School Council and Fundraising Society for organizing this fabulous event, which promotes reading and raises money for our school!



School Council and Fundraising Society

Thank you to our volunteer parents who ensure our students have lots to look forward to, like treat days, hot lunch, popcorn, dances, book fairs, readathons, and on and on! If you would like to help out, even in a small way, please contact Tawnia McQueen, our School Council Chair, at whfschoolcouncil@gmail.com and let her know your interests.

Please note we are currently on the look out for new executive members. If you are interested in being Chair or Vice Chair of the School Council or the Fundraising Society please contact whfschoolcouncil@gmail.com or whsfundraisingsociety@gmail.com. We appreciate the support!

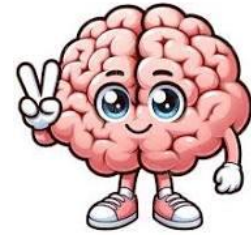
Pink Shirt Day!

Wear pink on February 26th and show your Kindness intentions!

🌈 Spreading kindness one sweet treat at a time! 💕 Bringing awareness to Pink Shirt Day and Anti-Bullying Week with a special cotton candy treat day. Thank you to all who purchased this treat during the Winter Hot Lunch & Treat Day order session. All proceeds will brighten up our school through the Sunshine Committee! ☀️

Mental Health Capacity Building (MHCB) Updates

Hello Wes Hosford Families! I hope you had a great month. MHCB has been busy at our school. Grades Kindergarten-Grade 3 have started the Self Awareness & Emotion Management unit, where we have been learning about identifying emotions and finding strategies to calm the emotions that are uncomfortable. We have furry characters in each lesson that help us learn about concepts!



Grades 4-6 have started the relationships unit, where we learning about making and maintaining good friendships and conflict resolution, so far.

Have a great February!

Kastyn Konieczny, MHCB Coach - kastyn.konieczny@strathcona.ca

Family Resource Network (FRN) Updates

Upcoming Free Programming - [Calendar here](#)

Raising Resilient Children: For caregivers of children ages 2-10 years

Wednesday February 12, 12-2pm. 160 Festival Way, Sherwood Park

Children's emotional resilience, or ability to cope with feelings, is important in their long term success in life. Join us as we explore six key skills that build resilience in children and help them bounce back.

Kids Have Stress Too! For caregivers of children ages 3-9 years

Thursday February 20, 6:30-8:30pm. 160 Festival Way, Sherwood Park

Stress is a normal part of life, but too much can be overwhelming. Join this workshop to look at strategies for children ages 3-8, to help reduce stress and support your child to develop coping techniques.

Alanna Lawrence, Family Resource Facilitator - alanna.lawrence@strathcona.ca

6M Art!

ART GALLERY



Kindergarten Registration Is Open!

Is your child turning five on or before Dec. 31, 2025? If so, it's almost time to register for kindergarten. To register, simply complete the online registration form at eips.ca/kindergarten.

To help families prepare, Elk Island Public Schools has put together an online [EIPS Kindergarten Tool kit](#) to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

New for the 2025-26 school year, EIPS is piloting three full-day, every-day kindergarten programs. If interested, families can register their children for these programs until February 28. [Learn more](#)



Complete Your Returning Student Registration: February 8-21

Elk Island Public Schools' (EIPS) [returning student registration process](#) opens February 8th. **All** current students, except Grade 12, must complete the online Returning Student Registration Form to confirm their enrolment in a school for the upcoming 2025-26 school year. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space. **All current EIPS students are required to complete the form by Feb. 24, 2025.**

To complete your child's Returning Student Registration, refer to the Returning Student Registration Form email you received from Elk Island Public Schools via Permission Click on February 10. Families will receive one email for each student. No log in is required to complete the form.

RELATED INFORMATION:

[Returning Student Registration Process](#)

[Frequently Asked Questions](#)

[EIPS School Boundary Maps](#)

[Closed Boundaries 2024-25](#)

[Find my designated school](#)

[Applying to a non-designated school](#)

Upcoming Events and Important Dates

- **February:** [Black History Month](#)
- **February 1:** 2025-26 [kindergarten](#) registration and [new student registration](#) opens
- **February 3:** Book Fair starts!
- **February 3:** Gr. 1, 2, 3 Swimming
- **February 4&5:** Parent Teacher Interviews – Visit the Book Fair!
- **February 5:** Early Dismissal
- **February 6&7:** North Central Teachers' Convention (schools closed to staff and students)
- **February 9-15:** [Random Acts of Kindness Week](#)
- **February 10:** 2025-26 [returning student registration](#) opens
- **February 14:** Popcorn Day!
- **February 15:** [National Flag Day](#)
- **February 17:** Family Day! No school for staff or students.
- **February 20:** Treat Day!
- **February 24:** Hot Lunch Day!
- **February 24:** 2025-26 returning student registration closes
- **February 26:** [Pink Shirt Day](#) and Cotton Candy Day! (Cotton Candy was an option for parents to order through Munch-a-Lunch)

Nine Tips to Improve Your Child's Reading

1. Make reading a daily habit in your home.
2. Let your child see you reading for pleasure.
3. Let your child see you read to gather information/to learn something.
4. Create a cozy reading space. (on a chair, in a corner, under the stairs...)
5. Take trips to the library.
6. Let your child pick what to read. (*most of the time, but it's important that they practice reading at their level so that they gain confidence and fluency. Your teacher can help you with this.)
7. Find reading moments in everyday life. (labels, street signs, billboards...)
8. Re-read favorite books.
9. Learn more about how kids read.



Age-Appropriate Chores

Ages 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in laundry hamper
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

Ages 4-5

- Feed pets
- Wipe up spills
- Put away toys
- Make the bed
- Straighten bedroom
- Water houseplants
- Sort clean silverware
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table
- Dry and put away dishes
- Disinfect doorknobs

Ages 6-7

- Gather trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Make salad
- Replace toilet paper roll

Ages 8-9

- Load dishwasher
- Change light bulbs
- Wash laundry
- Hang/fold clean clothes
- Dust furniture
- Spray off patio
- Put groceries away
- Scramble eggs
- Bake cookies
- Walk dogs
- Sweep porches
- Wipe off table

Ages 10-11

- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Deep clean kitchen
- Prepare simple meal
- Mow lawn
- Bring in mail
- Do simple mending (hems, buttons, etc.)
- Sweep out garage

Ages 12 and up

- Mop floors
- Change overhead lights
- Wash/ vacuum car
- Trim hedges
- Paint walls
- Shop for groceries w/list
- Cook complete dinner
- Bake bread or cake
- Do simple home repairs
- Wash windows
- Iron clothes
- Watch younger siblings